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Your essential daily news | MONDAY, JUNE 15, 2015

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## Remembering a hero

### VISITATION

### Edmontonians line up to pay respects to fallen officer



**Ryan Tumilty**  
Metro | Edmonton

Friends, colleagues and strangers paid respects to fallen Edmonton Police Const. Daniel Woodall on Sunday during a

public visitation.

In the small chapel in Old Strathcona, two members of the police honour guard kept a constant vigil as Edmontonians, a few at a time, walked past the casket to pay their respects.

Woodall's casket was draped in a Canadian flag, and a large photo of him along with his wife and two young boys stood on an easel in the corner. Woodall's hat and duty belt were placed on top of the casket.

People began lining up well before the start of visitation hours at noon, and a steady stream kept coming through the chapel.

Gerald Larson came to pay his respects to the officer who helped investigate a case of vandalism at his west-end bakery.

"I enjoyed meeting him very much. Today, I felt like it was my way of paying back and saying thank you."

Larson said he was initially concerned that vandalism at his shop had been

racially motivated, but Woodall investigated and assured him it was not.

"I think he was a good man and worth remembering," he said. "I respect him and honour him."

Another visitor, Denver Poburan, took martial arts training with Woodall.

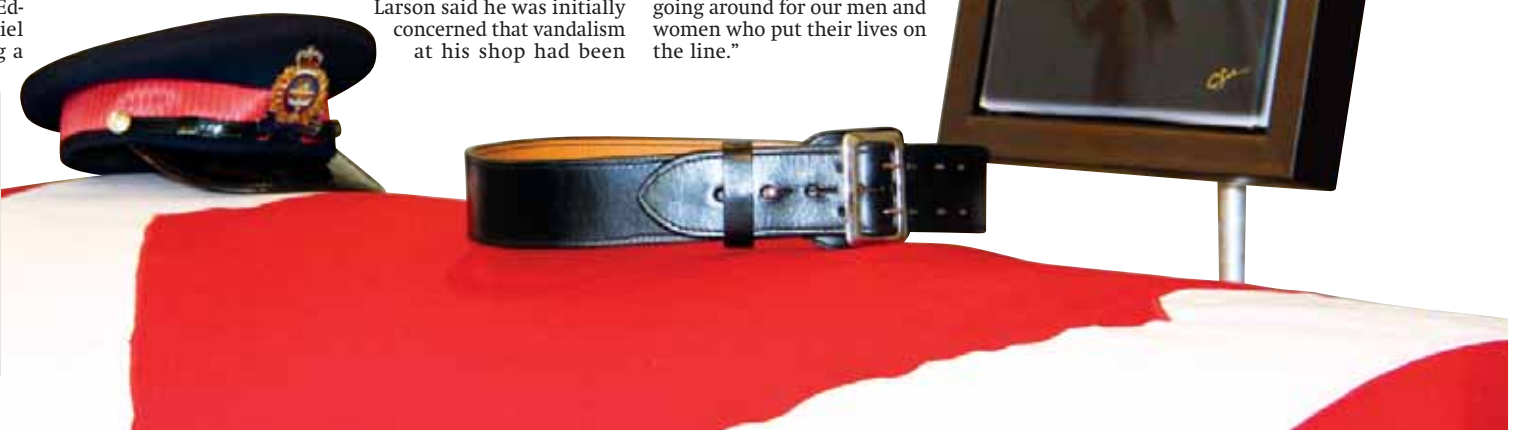
"I wanted to come out and say goodbye to a friend," he said. "It's really heartwarming that there is so much support going around for our men and women who put their lives on the line."



### City in mourning

A funeral procession for Const. Woodall will take place Wednesday. The procession will begin at the Alberta legislature grounds at 9:30 a.m.

The regimental funeral will also be open to the public at the Shaw Conference Centre, starting at 11:30 a.m.



The hat and belt of Const. Daniel Woodall sit atop his casket during a public visitation on Sunday. RYAN TUMILTY/METRO

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OMAR KHADR

## U.S. ruling adds fuel to appeal

An American court decision in the case of an alleged al-Qaida recruiter Friday has cast further doubt on the war crimes convictions of Canada's Omar Khadr, who now calls Edmonton home.

In its split ruling, the appeals court set aside the military commission conviction of Ali Hamza al-Bahlul, a Guantanamo Bay detainee who did media relations for Osama bin Laden.

In essence, the U.S. Court of Appeals for the District of Columbia Circuit ruled that the conspiracy case against al-Bahlul was legally flawed because conspiracy is not a war crime — similar to arguments Khadr has made. The commission only had jurisdiction to try internationally recognized war crimes, the court said.

Khadr's Pentagon-appointed lawyer was not immediately available to comment, but one of his Canadian lawyers said the decision undermines Khadr's conviction and his appeal should now be allowed.

"By implication, (the ruling) pretty much seals the deal with respect to Omar's appeal," Nate Whitling said from Edmonton. "This case clearly confirms that all five of Khadr's convictions are invalid and must inevitably be overturned."

The Toronto-born Khadr was convicted of five war crimes in October 2010. He is appealing the conviction on the grounds that the commission had no jurisdiction to try him because the offences with which he was charged were not war crimes at the time. THE CANADIAN PRESS



Smoking is banned in the area around the fountain in front of city hall, and the city recently banned it in Churchill Square. METRO FILE

## Event smokers should 'move out of the way'

BYLAWS

### Councillor pushing for broader ban on cigarettes



Ryan Tumilty  
Metro | Edmonton

An Edmonton councillor wants to see city events become smoke-free, even when they take place in a park.

The push comes after the debate over smoking in Churchill Square earlier this year, when Coun. Michael Oshry asked the city's administration to look at extending the smoking ban to all city-owned outdoor spaces.

That report, which council will debate Monday, suggests that a wide-sweeping ban would be unenforceable. "With around 920 parks spaces, enforcement would not likely be feasible or practical," reads the report.

But Oshry said when he asked for the study he suspected it would be a difficult to

enforce the bylaw, but hoped just having it in place would discourage smokers.

"Once a bylaw or even a policy is in place, 98 per cent of people follow it. What the bylaw does is give you the opportunity to write a ticket to the people who don't."

Oshry is backing away from a full-scale smoking ban, but said he will suggest council consider a ban on smoking at large public events like the Heritage Festival or Fringe Festival.

He said festivals would have the option of creating designat-

ed smoking areas, but otherwise he would want them to be non-smoking events.

"This way, during events where there is more people, the onus would be on the smoker to move out of the way," said Oshry.

He said his entire approach to the issue is to focus on the smokers and to make sure they're the ones who are pushed to the sidelines.

"My whole view on this is that the smokers are the ones who should be inconvenienced, not the people who don't smoke."

### + 4 QUESTIONS

#### 1 What would be banned?

If the idea Coun. Michael Oshry is proposing gets the green light, smokers at large outdoor events could only light up in specific areas.

#### 2 What's banned now?

Under the city's current bylaws, smoking is prohibited inside a public venue including bars and restaurants. It's prohibited within five metres of an entrance and in Churchill Square. You can't smoke within 10 metres of a playground or sports field.

#### 3 Does the city get a lot of complaints about smoking?

In 2014, the city got 147 complaints to the 311 line about smoking concerns — many of them involved activities already covered under the existing bylaw.

#### 4 Will the proposal have broader council support?

That's unclear for now, but the debate over a smoking ban in Churchill Square divided council and there was considerable opposition to it. Several councillors said they didn't see the need for a bylaw, especially one that would be hard to enforce. The final vote on the issue was a 6-5 split with those in favour of the ban narrowly claiming victory.

RYAN TUMILTY/METRO



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Alberta Premier Rachel Notley says her NDP government won't be tabling a full provincial budget until the fall. AMBER BRACKEN/THE CANADIAN PRESS

## Legislature opens with eyes on NDP

### BUDGET

**'You can't be pulling money from thin air,' says opposition**

Alberta's Opposition Wildrose party is urging Premier Rachel Notley's NDP not launch its new era Monday by spending billions of dollars with little explanation.

The first session of the legislature under Notley's team will run for the next couple of weeks and focus on an interim supply bill to keep the money taps flowing in Alberta until the NDP can bring in a full budget in the fall.

Wildrose finance critic Derek Fildebrandt said the bill will be, in effect, a "mini-budget" to cover about half-a-year's payments for a budget already well

over \$40 billion in spending.

"You can't be pulling this money from thin air," said Fildebrandt. "We need a big picture of the finances with the details to see if the numbers actually add up."

The original budget for the 2015-16 fiscal year was introduced, but never passed, by the former Progressive Conservative government before the Tories were defeated in the May 5 election.

Notley won a majority government on a platform that promised a radically different budget. It included a hike to corporate income taxes, more spending for health and education and a rollback of proposed PC hikes to taxes and user fees.

She said Finance Minister Joe Ceci and his staff will be working through the summer to bring in a revised budget in the fall to match those promises.

In the meantime, said Notley,

it's not realistic for the Wildrose to expect a line-by-line breakdown in spending by a government that was sworn in a less than three weeks ago.

"When we introduce (the bill) there will be some detail about the changes that we are proposing to make, and there will be a lot of opportunity to debate it then and much more in the fall," said Notley.

The session begins with a speech from the throne Monday by Lt.-Gov. Lois Mitchell outlining the goals and plans of Notley's new government.

The NDP has promised to introduce several other bills during the session but will not reveal details until Monday.

Ceci, in an interview, would not confirm or deny that legislation to hike the corporate income tax to 12 per cent from 10 per cent, as promised in the election, will be part of the session. THE CANADIAN PRESS

### IN BRIEF

#### Findlay hopes to rebound at 2015 Pan Am Games

Olympian Paula Findlay headlines Canada's triathlon team for the Pan American Games. The 26-year-old from Edmonton, who is a five-time World Triathlon Series winner, will lead a group of veterans and newcomers into the games.

"Being a part of Team Canada at a major games brings a huge amount of pride," said Findlay, who hopes to bounce back from an injury-marred performance at the 2012 Olympics in London. THE CANADIAN PRESS

### POLITICS

## Edmonton MP won't run this fall

James Rajotte, the Conservative MP for Edmonton - Leduc, has announced that he will not run this fall after 15 years representing the riding.

"It has been a tremendous honour to serve in our national Parliament for the past 15 years," he said in a statement.

Rajotte thanked both his constituents and his staff.

He said he was proud of what the government had

accomplished throughout his time in office.

"Conservative governments have had a meaningful impact on the lives of Canadians," he said.

"I am proud to leave Parliament with Canadians better off and our country stronger than when our government took office."

The election is currently scheduled to take place on Oct. 19.

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## WORLD WATERPARK

# Break a world record and learn water safety

**Lucy Haines**  
For Metro | Edmonton

Sure, it's water safety week, and swimming with a buddy or wearing a life-jacket are priorities around the water we can all agree on. But come on, who doesn't want to be part of setting a Guinness World Record while we're at it?

On June 18, Edmontonians are invited to be part of just

such a challenge, as the World Waterpark at West Edmonton Mall joins other facilities around the globe to hold a simultaneous swimming lesson and perhaps get into the record books.

"The lesson is free and open to anyone, but it's mainly for kids and geared as an introduction to the water," said World Waterpark event organizer Raina Scherer. "Instructors in the water will manage small groups on the basics — breath-

ing under water and floating — and we're hoping for at least 100 people to join us."

The park doors open at 8:30 a.m. and the event starts precisely at 10 a.m., when Guinness Book of Record verifiers will witness the numbers in the wave pool, and add it to the count from similar events around the world. "It's a fun community event, and we're excited to be part of it," said World Waterpark manager Chris Mortensen.

## + FACT

The Canadian Red Cross reports about 400 Canadians drown each year, most during the months from May to August.

"Ultimately, it's about raising awareness of the importance of water safety and swimming lessons."

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Weapons seized from a mother and her sons' alleged drug operation. CONTRIBUTED

# Mother and sons drug team busted

## BONNYVILLE

## Guns seized from accused traffickers of deadly fentanyl

**Michelle Falk**  
For Metro | Edmonton

A mother and sons team in Bonnyville accused of trafficking lethal fentanyl pills had their cache of weapons and drugs seized by police Friday and are now facing 42 separate charges.

Insp. Darcy Strang said Roberta Wright, 53, and her sons Douglas Wright, 28, and Bradley Wright, 33, have connections to Surrey, B.C., and are known to have previously brought fentanyl

and cocaine from B.C. into Alberta. On Friday, police seized from the trio a semi-automatic assault rifle, an SKF that fires .308 rounds, a shotgun, a prohibited handgun, six rifles and an estimated \$125,000 worth of drugs.

Fentanyl, known as "greenies" on the street, was originally designed as a post-surgery anesthetic, but is now being sold on the streets as OxyContin, though it is far more powerful. Deaths from fentanyl overdoses have spiked in Alberta, from six in 2011 to 50 deaths in the first two months of this year.

Police said dealers used to be able to hide in these rural communities, but Strang said ALERT and the RCMP are concentrating on these areas and making a difference.

Police say they have been seizing record amounts of fentanyl in communities across Alberta, including more than 88,000 tablets since last April. Earlier this month the British Columbia Coroners Service said fentanyl was detected in about a quarter of 330 overdose deaths in the province last year, compared with five per cent in 2012.

WITH FILES FROM THE CANADIAN PRESS

**“This is literally like violence oppression through drug enforcement”**  
Insp. Darcy Strang

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# City 'definitely a leader in Canada'

WAB KINEW

## Reconciliation fostered via education

Wab Kinew is many things: a rapper, a broadcaster, a fill-in host on CBC's Q.

And he's also an educator. Mayor Don Iveson has asked Kinew to teach city staff about residential schools in the wake of the Truth and Reconciliation Commission's (TRC) final report.

Kinew was in Edmonton last week for the lessons and answered a few questions about his work.

### What are you hoping to achieve with this training?

WK: It's actually one of the recommendations of the TRC that all levels of government educate their staff about residential schools, treaties and some of the current realities, so it's really great to see Edmonton already leading in that regard.

In terms of educating staff about indigenous issues, Edmonton is definitely a leader



Wab Kinew is an official adviser to Edmonton to educate city workers on the realities of residential schools. THE CANADIAN PRESS

among Canadian cities.

I think Mayor Iveson has really taken a good approach

because he's followed up his talk of reconciliation with concrete action, both in terms of

educational opportunities for staff like this but also mentoring for youth and working

for cultural spaces in the city.

To see leadership at the highest levels of a civic

government is a good sign and reflects the city's overall position to do well in the future.

### What are you doing while here?

WK: I'll be speaking to about 250 managers each day (for two days).

The staff are also participating in a workshop on residential schools called Project of Heart, which is facilitated by local high-school students. It's really great to see youth being given the role to leadership.

This is a continuation of other educational opportunities held in November with similar goals but offered to other staff.

### What does reconciliation mean?

WK: It's about cultivating a respectful relationship, one which affords indigenous people our unique space to practise our cultures and speak our languages on our homelands while also making sure that everyone is free to reach their full potential.

METRO



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# Lindhout 'happy' for arrest of alleged Somali kidnapper

OTTAWA

## Canadian journalist was captured near Mogadishu

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somali kidnapper.

One officer who had stuck with the case over the past five years asked her: "Are you sitting down?" Lindhout recalled Sunday on social media.

"There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country."

"I had forgotten to sit down, and my knees gave out. I lay

on the floor crying, saying the words, "Thank you, thank you, thank you so much," again and again," said Lindhout in a statement that was posted on her Facebook page and was also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somali national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range of emotions for Lindhout.

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion, and also — knowing that he no longer poses a threat to me or to anyone else — a sense of relief."

Lindhout, who was a freelance journalist at the time,

and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in getting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

"The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal how he arrived in Canada.

Ader's case will be back in court June 19. THE CANADIAN PRESS



Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man (inset) in connection with the case. THE CANADIAN PRESS

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BRAND NEW  
HISUN RX500EPS

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FREIGHT\*\*\*



BRAND NEW  
HISUN RX700EPS

**\$7,000**  
\*\*\*NO CHARGE PDV/  
FREIGHT\*\*\*



BRAND NEW  
HISUN  
R500XI EPS

**\$8,100**  
\*\*\*NO CHARGE PDV/  
FREIGHT\*\*\*



BRAND NEW  
HISUN RS8R SPORT

**\$9,500**  
\*\*\*NO CHARGE PDV/  
FREIGHT\*\*\*



BRAND NEW  
HISUN R700XI EPS

**\$9,700**  
\*\*\*NO CHARGE PDV/  
FREIGHT\*\*\*



2009  
DODGE GRAND CARAVAN  
STOW N GO  
#0915173

**\$4,500**



2009  
JEEP PATRIOT NORTH  
\*\*SUNROOF\*\*  
#0914561

**\$7,000**



2010  
KIA SOUL SX  
SUNROOF  
#1012270

**\$9,000**



2010  
CHRYSLER SEBRING TOURING  
#1015184

**\$9,000**



2009  
HYUNDAI  
SANTA FE 3.3L V6  
#09A7684

**\$10,000**



2015  
MITSUBISHI  
MIRAGE ONLY 8KM  
#15B5746

**\$10,000**



2010  
DODGE JOURNEY R/T AWD  
#1012607

**\$10,300**



2012  
NISSAN  
ALTIMA 2.5S  
#1214300

**\$13,000**



2013  
CHRYSLER TOWN &  
COUNTRY TOURING  
#13B2248

**\$17,260**



2008  
LEXUS I250  
AWD  
#08B2539

**\$18,000**



2015  
CHRYSLER  
200  
#15B1004

**\$19,500**



2007  
MERCEDES ML 320  
BLUETECH  
#07B6800

**\$19,900**



2012  
FORD F150 CREW  
4X4 XLT ECO BOOST  
#12B6152

**\$20,000**



2008  
LAND ROVER  
LR2  
#08B1971

**\$20,000**



2005  
HUMMER H2  
CUSTOMIZED  
#05B8539

**\$21,000**



2011  
KIA  
SORENTO EX  
#11B0431

**\$21,000**



2013  
FORD EDGE  
LIMITED  
#13B0253

**\$24,000**



2014  
CHEVROLET  
TRAVERSE LS AWD  
#14B0321

**\$25,000**



2012  
JEEP WRANGLER  
UNLIMITED SAHARA  
#12A7978

**\$26,000**



2012  
FORD F250 CREW 4X4  
#12B9561

**\$26,000**



2015  
CHEVROLET 1500 D/C 4X4  
#15B8174

**\$28,910**



2014  
GMC ACADIA  
SLE AWD  
#14B2330

**\$29,000**



2011  
DODGE DURANGO  
CITADEL  
#11A5968

**\$31,000**



2011  
CHEVROLET AVALANCHE  
LTZ 271 OFF ROAD  
#11A1852

**\$31,000**



2012  
RAM 2500 CREW  
4X4 POWERWAGON  
#12A3914

**\$33,000**



2014  
JEEP GRAND CHEROKEE  
LIMITED NAVIGATION  
#1411765

**\$34,000**



2014  
NISSAN 370Z  
ONLY 4110KMS  
#14B0067

**\$39,000**



2012  
TOYOTA SEQUOIA PLATINUM  
#12A0184

**\$49,900**



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RUNTIME)  
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READY/3.5 HRS  
RUNTIME)  
**\$899**



**IG4300**  
(4300W/PARALLEL  
READY/3.5 HRS  
RUNTIME)  
**\$1849**



**IG2000P**  
(2000W/PARALLEL  
READY/3.5 HRS  
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ELECTRIC START/8  
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# Arming trees vs. climate change

## EVOLUTIONARY BIOLOGY

### Scientists using genomics to aid adaption in nation's forests

Canadian scientists are helping trees outrun climate change.

"Trees are adapted to historical climate and the climate's moving out from under them," said evolutionary biologist Sally Aitken. "We're using genomics to generate answers more quickly than they can."

Foresters have long known that the best seeds for replanting forests comes from trees in the same area, said Aitken, whose research at the University of British Columbia is financed by Genome Canada. Trees within a couple of hundred kilometres or a few hundred metres of elevation are precisely adapted to local conditions.

But winters have become warmer. Rainfall patterns are changing. Bugs such as the mountain pine beetle and fungi such as blister rust find congenial new homes. Trees would eventually adapt on their own, but slowly.



Scientists are looking at new ways to preserve Canadian forests. MATT MEDLER/INTERNATIONAL BOREAL CONSERVATION CAMPAIGN/THE CANADIAN PRESS

"It takes decades, and we don't have decades," said Aitken.

In an effort to speed things up, she and her colleagues are digging into the genomes of lodgepole pine and white spruce to look for genetic patterns associated with climate. That allows researchers to analyze genetic diversity that already exists in

the forest and select for characteristics that will produce seeds matched to the environment where they'll be planted.

"There's so much variation already in the tree's genome," said Richard Hamelin, whose work at the Canadian Forest Service is also funded by Genome Canada. "What we are doing is

developing the tools to sample that variation.

"(Once) we know what a resistant tree looks like we can go out and find more of them and include them in our breeding program."

Aitken said results show that trees bred through the program's work are showing cli-



**Diversity is a good buffer against uncertainty.**

Sally Aitken,  
evolutionary biologist

mate adaptations very close to what trees might do on their own.

"Material from the breeding program simply grows faster," she said.

Hamelin said trees bred for resistance to blister rust are already being planted. Trees resistant to other pests are entering the breeding program.

Both researchers emphasize that they're not doing genetic modification.

"Genetic modification might speed things up even more, but we don't need to go there," Hamelin said.

Aitken said that because extreme weather events are more probable as the climate changes, future forests will have to be planted with seeds from a variety of zones.

"Diversity is a good buffer against uncertainty," she said.

THE CANADIAN PRESS

## OCEAN TRACKING

### Animals aiding in research

The latest issue of the academic journal *Science* features a paper by ocean researcher Nigel Hussey and fellow researchers on advances in the field of aquatic animal telemetry — where scientists tag an animal with an electronic device to monitor its actions from a distance.

Hussey said the latest improvements in tracking technology mean scientists can do much more than follow an animal's location. He said researchers can now use "animals as oceanographers."

"You can actually use the animals to monitor their own environments," said Hussey, a research associate at the University of Windsor.

Next year, Hussey plans to use receivers on narwhals and several hundred tagged Greenland halibut to observe interactions between the two species.

"Basically your narwhal becomes your monitor of sustainable fisheries. He's swimming around, giving you detections on where your fish are," he said.

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# Floods leave 12 dead, animals on the loose

## GEORGIA

### Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi's ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million with some of the animals still on the loose.

"The daytime wasn't bad," said resident Khariton Gabashvili, "but tonight everyone has to be very careful because all the beasts haven't been captured. They haven't been fed, and in their hungry state they might attack people."

Heavy rain destroyed or dam-



People assist a hippo that's been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. TINATIN KIGURADZE/THE ASSOCIATED PRESS

aged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing.

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.

A hippopotamus — an extremely aggressive animal with

the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals

may have fled to just about any corner of Tbilisi, including the steep hills in the city's heart.

"On this small street there are five dead, three houses completely washed out and everyone is affected," said Lamara Zumburidze, a resident of the hardest-hit area. "I don't know where to sit, where to lie, what to do."

THE ASSOCIATED PRESS

## NEW YORK

### Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or "in Mexico by now," New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates' escape was apparently hampered by a prison employee's decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

"One of the reasons that she didn't show up was because she did love her husband and didn't want to do this to him," he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it

was unclear if the men were nearby.

"We don't know if they are still in the area or if they're in Mexico by now," he said.

Roads on the western edge of Plattsburgh were open only to local traffic and a state police helicopter was parked in a field where 24 hours earlier a contingent of 40 officers had marched into the adjacent woods on yet another grid search.

While many local residents remained locked in their homes at the advice of authorities, the outpouring of appreciation for the search effort continued. A restaurant was urging people to tie blue ribbons around trees and mailboxes.

But residents were very much on edge, with some saying they were keeping firearms handy just in case. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff's deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-year-old former boss.

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**Syrians fleeing the war pass through broken-down border fences near the Turkish Akcakale on Sunday to enter Turkish territory illegally. Dozens of refugees started passing through the gate as thousands more awaited to cross.** BULENT KILIC/BULENT KILIC/AFP/GETTY IMAGES

## Syrian refugees flee into Turkey

### MIDEAST CRISIS

### Thousands seek to escape Kurdish-ISIL conflict zone

Thousands of Syrians cut through a border fence and crossed over into Turkey on Sunday, fleeing intense fighting in northern Syria between Kurdish fighters and jihadists.

The flow of refugees came as Syrian Kurdish fighters closed in on the outskirts of a strategic ISIL-held town on the Turkish border, Kurdish officials and an activist group said, potentially cutting off a key supply line for the extremists' nearby de facto capital.

Taking Tal Abyad, some 80 kilometres north of the Islamic State of Iraq and the Levant (ISIL) stronghold of Raqqa, would deprive the militant group of a direct route to bring in new foreign militants or supplies. The Kurdish advance, coming under the cover of intense U.S.-led coalition airstrikes in the area, would also link their two fronts and put even more pressure on Raqqa.

In this Turkish border vil-

lage, the refugees took by surprise the Turkish troops stationed there, who were overwhelmed by the large number of people crowding the crossing. Thousands of people had been gathering for more than a day on the Syrian side of the Akcakale border crossing before they broke through Sunday afternoon.

People threw their belongings over the fence while others passed infants into Turkey over barbed wires before following through a several-metre wide opening in the border fence.

Turkish troops later brought in reinforcements and gathered up the refugees on the Turkish side of the border, preventing them from going deeper into Turkey.

Earlier Sunday, Turkish Deputy Prime Minister Numan Kurtulmus speaking on the refugee situation at the crossing between in Tal Abyad and Akcakale, claimed that those refugees were not fleeing fighting between Kurds and ISIL, but were rather trying to escape to Turkey in case

their villages are hit by U.S.-led coalition bombings.

He said Turkey was providing humanitarian aid to them on the other side of the border while taking in anyone who is sick or injured. Kurtulmus said Turkey has taken in more than 2 million refugees since 2011.

"We are of the opinion that there isn't a humanitarian tragedy there," Kurtulmus told CNN-Turk television in an interview. "Our priority is for them to remain within their border."

Hours after Kurtulmus spoke, Turkey reversed its decision and opened the border to allow more of the refugees in, the state-run Anadolu Agency reported. It said however that this time, ISIL at the border prevented them from crossing into Turkey.

It put the number of people who were waiting to cross at around 2,500. Around 13,400 Syrians have fled to Turkey since June 1, the agency said.

THE ASSOCIATED PRESS

# 2,500

**Number of people at the Akcakale border waiting to cross into Turkey.**



# Tweeting the path to success

## SOCIAL MEDIA

### User growth slowing, so experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame, or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

But despite the buzz generated by thousands of chatty journalists, athletes and celebrities, Twitter has never turned a profit. Its user base of 302 million is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Now, with last week's exit of Twitter Inc. CEO Dick Costolo — co-founder, and former CEO,



Twitter CEO Dick Costolo, chairman and co-founder Jack Dorsey, and co-founders Evan Williams and Biz Stone, watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE

Jack Dorsey is taking over in the interim — the company is looking for a new leader.

But first it needs to address some of its biggest problems.

Here are some of Twitter's most pressing challenges, along

with possible fixes.

#### Where are the users?

Its user growth is stalling and there are a lot of competitors. Besides its old rival Facebook, Twitter is feeling the heat from

mobile messaging apps such as WhatsApp, Snapchat, Instagram and a bevy of others. Twitter grew from 204 million active users in the first quarter of 2013, to 255 million a year later and 302 million in the first three months of

2015. Facebook-owned WhatsApp announced in April it has reached 800 million users.

#### Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors — including special channels or tabs focused on live events or topics of interest to users.

#### Deal with trolls

Twitter has long had a problem with trolls, online bullies whose abuse has been an ongoing issue that has alienated established and potential users. It has tried to make it easier to report threats and in April updated its policy against violent threats, but it's too early to say if this initiative has helped.

#### More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst

at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said. Twitter's Periscope app, which lets users share live video, is an example of what Twitter should be doing more of, Blau added.

#### Demonstrate Twitter's strengths to advertisers

Twitter knows something about its users' interests, but Facebook knows far more about its users' likes and habits, while Google and Pinterest can more readily predict users' buying interests. Twitter's strength, however, is drawing people's attention during live events, such as sports, breaking news and popular TV shows, said Debra Aho Williamson at research firm eMarketer.

#### Show investors it's serious about business

The new CEO must show Wall Street Twitter is focused on building revenue and delivering on financial targets, added Scott Kessler, a tech stocks analyst at S&P Capital IQ. THE ASSOCIATED PRESS

## LOTTERY

### If you win, plan carefully: Experts

Hoping to fund your retirement by winning the lottery is a ridiculous idea. Sure, someone has to win, but banking your future well-being on a cheap ticket, a handful of carefully chosen numbers and near-impossible odds isn't financial planning.

But if you're fond of daydreaming about winning big — Friday's Lottomax jackpot is \$43 million — how much would you need to win to quit your job for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want to

leave, says investment adviser Kathryn Del Greco at TD Wealth.

"There isn't a magic number that you could apply to everyone," Del Greco said.

As you begin your fantasy session, keep in mind that lottery winnings aren't taxed in Canada, so the amount on the novelty cheque you'll be handed in your dreams will be the very same sum you'll deposit in the bank.

Larry Moser of BMO InvestorLine estimates a risk-free portfolio of GICs will yield close to one per cent, while you may be able to earn four to five per cent a year by taking some risk in a

conservative portfolio.

Del Greco cautioned that inflation can erode the value of your nest egg without at least some investment growth.

"That's why we encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks ... and also blue-chip equity stocks [to] provide a natural hedge to inflation pressures," she said.

If you do hit the jackpot, both Del Greco and Moser recommend putting the money aside for a time before doing anything with it to give yourself space to formulate a plan.

"Before you make any rash decisions, before you start spending any money, before you start giving away all the money, you really want to sit down and figure out what the purpose of this money is," Moser said.

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**We encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks and blue chip equity stocks.**

Kathryn Del Greco, TD Wealth

## EUROPEAN COMMISSION

### Greece is running out of time

The European Commission said Sunday that weekend talks to find common ground between international creditors and Greece were unsuccessful and left a wide rift that needs to

be closed within two weeks to avoid a possible Greek default.

An EU Commission official, who refused to be identified because of the sensitivity of the negotiations, said that "the

talks did not succeed as there remains a significant gap between the plans of the Greek authorities and the demands of the international creditors."

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## IN BRIEF

### Air Canada, Unifor reach tentative agreement

The union representing about 4,100 Air Canada customer service and sales agents has reached a tentative collective agreement with the airline. No details were released.

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## # MYMETRO

### Richie Islam and Roxana Olaru, Toronto

**How do you two know each other?**

Islam: We're dating.

**What's the first thing you flip to when you read Metro?**

Islam: I do the Sudoku.

Olaru: The horoscopes.

**What is your commute?**

Islam: I live in Markham. I take the train to go to school for graphic design.

Olaru: I'm from Uxbridge. I commute to Toronto for work and school.

**What's the one spot in Toronto everyone who comes here should visit?**

Islam: Kensington Market, because it's eclectic.

Olaru: The Distillery District.

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## ROSEMARY WESTWOOD

metroview

### We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy, or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like Jane.

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, but her friend couldn't make it that night.

She didn't even know what this play was about — she just came because she lives close by, and she loves theatre. This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane

insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane, and, because it was now dark, to see her safely home.

I chased after her and yelled "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery store.

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home, so she'd know I was safe. We'd see another play sometime, she said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting — a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.

# Rickshaw Dave returns to a different downtown

## FOOTNOTES

Omar Mouallem



On a recent Friday night downtown, I stepped out of Red Star Pub and saw something I never thought I'd see on Jasper Avenue: a rickshaw.

Technically speaking it was a pedicab or velotaxi — a cart peddled by a bike. They're easy to spot wheeling happy drunks around from bar to bar wherever there's nightlife in oft-travelled cities. But in the middle of Edmonton's office sector? I needed to investigate. So I hailed a ride.

"Where to?" the driver yelled over the traffic. I told him to my home, in Queen Mary Park, 18 blocks away on 108th Avenue. He looked around at the sidewalks, with few other potential customers.

He shrugged, then U-turned the red cart across several lanes of traffic.

"Rickshaw Dave"

Williamson is an unmistakable personality. He looks like a Grateful Dead roadie; indeed, he's a super-fan who followed the band on tour for 10,000 miles in the '80s and '90s. In his 50s, he sports hair past his shoulders and a black Local 488 hoodie, representing the pipefitters union. A scheduled site shutdown and layoff has him bringing the rickshaw out of retirement.

But he's not sticking to Whyte Avenue this time around, where those with a good memory might have spotted him pulling it 12 years or more ago. Instead, he's splitting his service between north and south of the river for the first time.

"I'm excited about what's happening downtown," he told me, gripping a giant

coffee mug in one hand and steering between trucks and cabs with the other. "This is where it's happening now." At least he hopes so. The nightlife in downtown has grown exponentially since 2007, adding well over 3,000 seats to its bars and restaurants. As of 2011, there were about 10,000 seats each on Whyte and downtown, according to Responsible Hospitality Edmonton. Not that it was obvious on this chilly night.

The five blocks between 104th and 109th Street have a lot going for them, but the west and east side are still placid after 6 p.m. Hence, it was past midnight and I was only Rickshaw Dave's third customer. The first one sat on his iPhone, cracking the screen, thereby putting him in the hole on his first transaction.

On top of that, he has no

set rate and only accepts donations to compete with cabs and Uber, which he's not a fan of (he had to get a special pedicab licence and insurance). But he's optimistic about his new business territory: "I'm excited about the Mercer bar, the new arena — though I'm not too thrilled the city gave all that money to a billionaire — I'm excited about the museum and the whole transformation. That's really going to pay off for me."

As we ride, we park by Oliver Square when a group of young guys pulled next to us, their windows rolled down.

"F—in' A, boys!"

Dave raises his mug and howls like a wolf: "Awooooo!"

It's the kind of silly and obnoxious interaction that indicates a healthy nightlife in any part of a city.

Omar Mouallem edits The Yards magazine.



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## PHILOSOPHER CAT by Jason Logan

I DON'T TRY TO PLEASE WHEN I PLAY. I TRY TO CURE.







## NUTRITION

### Health Canada to re-examine every facet of Food Guide

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire — within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity — and now, at Health Canada, which says it has decided to re-view the country's official food rules.

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and its relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrisette wrote in an email.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 — despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food."

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot"



Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

# Time to change the menu

to serve the interests of the food industry. Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Criticisms of the guide range



**We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.**

Dr. Yoni Freedhoff, a vocal critique of the guide

widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

Fats are absent — and they

shouldn't be, some experts say — especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate

professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says.

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on "sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a

## NUTRI-FICTION

### A cup a day keeps the doctor away?

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction."

TORSTAR NEWS SERVICE



prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition — with some groups, she says. But it's "not for everyone."

Joanne Lewis, of the Diabetes Association, says it's the environment of eating, including food labels, marketing and access to food — are all important to healthier eating. If anything, what's broken, she says, is "the way we implement" the food guide. TORSTAR NEWS SERVICE

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# Still country strong

CARRIE UNDERWOOD

## New mom looks back on decade of instant fame, radio hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the song she was performing onstage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK."

Now a decade later, Underwood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

But when she hit the stage with her hit *Blown Away*, there was no sign of nerves.

Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet, even asking them to get sassy before jumping into the song *Undo It*.

She slowed things down but still held the crowd's attention with the emotional *Something in the Water*, off last year's *Greatest Hits: Decade #1* release. She ended her seven-song set by bringing down the house with a resounding *Before He Cheats*.



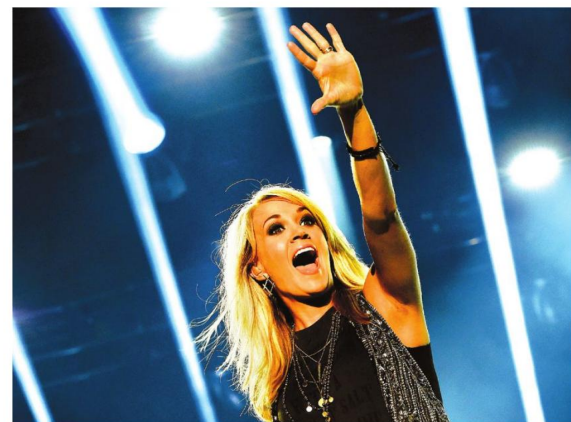
**I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning.** Carrie Underwood

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a

very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on *Idol*."

THE ASSOCIATED PRESS



Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. ALL PHOTOS GETTY IMAGES

### IN BRIEF

#### Jurassic World takes record-setting \$511.8M bite out of box office

Dinosaurs are anything but extinct at the box office.

*Jurassic World*, the fourth film in the series, became the highest global opener of all time with a staggering \$511.8 million in its first days in theatres. It also devoured a number of domestic box-office records with a \$204.6-million take, the Rentrak media-measurement company estimated on Sunday.

In addition to setting a record for 2015, *Jurassic World* is now the second-highest domestic opening of all time, right behind Marvel's *The Avengers*, which took in \$207.4 million in 2012. By the time Monday actuals roll in, there is a chance the film could dethrone *Avengers*.

THE ASSOCIATED PRESS



Chris Pratt stars in *Jurassic World*. THE ASSOCIATED PRESS

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JOHN STAMOS

## Uncle Jesse got popped by the cops

IN HOLLYWOOD

**Ned Ehrbar**



John Stamos certainly had a wild weekend. The *Full House* star was arrested and charged with a DUI in Beverly Hills after police stopped him for erratic driving.

Stamos was first taken to Cedars-Sinai Medical Center "due to a possible medical con-

dition," where he was formally arrested and given the citation.

Photos from the arrest show a bleary-eyed Stamos popping a squat on the curb before police decide to head to the hospital.

There's no word on what that medical condition might be, but he's due in court in September.

Stamos tweeted out, "Thanks to everyone for their love and support. I'm home and well," but there are so many unanswered questions here, not least

### + FULLER HOUSE

Stamos starred in *Full House*, which aired on ABC from 1987 to 1995. He will produce and appear in a 13-episode reboot of the sitcom for Netflix scheduled to debut next year.

of which is what, no super-hand-some mug shot?



John Stamos

DAVE GROHL

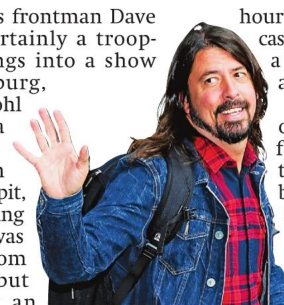
## Mr. Show Must Go On

Foo Fighters frontman Dave Grohl is certainly a trooper. Two songs into a show in Gothenburg, Sweden, Grohl misjudged a jump and landed in the security pit, badly breaking his leg. He was removed from the stage, but came back an

hour later with a fresh cast to play for two and a half hours seated in a chair.

Bad news for other European fans, though: Due to the accident, the band has cancelled its next two appearances in the Netherlands and Switzerland.

NED EHRLBAR/METRO





# When your summer internship is boring/bad

## INDUSTRY EXPERIENCE

### Try these ways to get the most from an uninspiring stay

#### OFFICE RELATIONS

Eleni Deacon



The ideal summer internship: a chance to gain exposure to your industry while making long-term connections and completing meaningful work. A lot of internships: not quite that inspiring. While interns can't expect employee-level responsibility, they can expect hands-on experience in their field. Here's how to proceed if your internship is more thumb-twiddling than skill-building.

Not sure how to spend your afternoons? Don't be shy to ask

for more tasks. Although some organizations have longstanding internship programs — that come with a clear list of duties — many placements are not strictly defined. If no one has articulated your role, do so yourself. Rather than simply telling your superior that you have nothing to do, be proactive about what you want to do. Outline your interests, and express your desire to contribute in those areas. Even if your

boss has no immediate need, you'll be top-of-mind when work comes up.

And avoid snubbing menial jobs.

Coffee runs may not be fun, but internships are as much about your work ethic and attitude as your hard skills. Correctly (and cheerfully) completing your team's

tasks gives them more than a caffeine kick — it also demonstrates that you offer reliable services.

The first few weeks of an internship are often a testing period. Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs.

If there's no chance of being assigned more-than-mundane

work, focus on relationships. Be a sponge: find staffers with whom you click and absorb their expertise. Observe them in the office, ask questions and invite them for coffee so you can hear their stories. While your internship may only last a few weeks or months, strong connections can have years-later benefits. Walking away with a reference is essential. But exiting your internship with a strong ally — or even a friendship — is often just as valuable as learning to perform specific processes.

When a placement shows neither social nor practical promise, weigh its potential. If the fact of having worked at this organization could help you get hired, it likely merits sitting through your stint. No foreseeable benefits? Consider alternate options. Internships — especially those that are unpaid — are an investment. Whether you're after hands-dirty skills or a line on your resume, it should be worth it for you to stay.



**Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs.** iStock

## GIVING BACK

### Why volunteering is good for business

Studies have shown giving makes you happy. Whether it's buying a present for your mother, giving to charity or volunteering at a Boys & Girls Club, we feel good when we help others.

That thinking also extends to the workplace, says Carrie Morgridge, vice president of the Morgridge Family Foundation and author of Every Gift Matters: How Your Passion Can Change the World.

Indeed, a study by Deloitte Consulting found that 87 per cent of workers who volunteered with a group at work felt it improved their teamwork and people skills, while 81 per cent said that it helped develop stronger relationships with their colleagues.

"Volunteering brings a team together," says Morgridge. "It increases productivity, and allows co-workers to bond over a common goal that's not necessarily work-related, but tied to their community."

RAQUEL LANERI/METRO IN NEW YORK



“Follow people who do what you want to do”  
Aliza Licht

**Aliza Licht (@DKNY PR Girl) says you need a professional headshot for your social media avatar (no eggs allowed!).**

CONTRIBUTED

## ‘Social is like your online resume’

**Raquel Laneri**  
Metro in New York

Can Twitter or Instagram help you land your dream job? According to Aliza Licht, senior vice president of communications for Donna Karan, it can not only help, it can make — or break — your career (seriously, don't complain about your job on social, people).

Licht should know. She is the superstar force behind DKNY PR Girl, the online personality who reinvented social media for fashion

brands, businesses and the people who want to work for them. “Social is like your online resume,” Licht says. “Employers are checking it before they even meet you for an interview, and it's a great way to pave the road for yourself.”

Licht — who has just written a killer career-advice book, *Leave Your Mark: Land Your Dream Job. Kill It in Your Career. Rock Social Media.* — offers these tips.

**Have a polished profile pic**  
“Your picture should reflect whatever it is that you want people to

think about you,” says Licht. Her recommendation? A professional-looking portrait. “It makes you appear established, even if you're not,” she says.

### Follow industry superstars

Follow people who do what you want to do or who work where you want to work,” advises Licht. “I started my @LEAVEYOURMARKxo Twitter handle way before the book came out, so I could follow book reviewers and editors and educate myself ... You learn so much just by observing.”

### Don't be shy

“The great thing about Twitter is you can speak to anyone — there is no hierarchy,” Licht says. “Once in awhile you can favorite something, retweet something, compliment something.”

It can pay off big time. “I have this guy who is based in New Zealand who I engaged with quite often over the past six years on Twitter,” says Licht. “Just last year he reached out to me and said, ‘I would love to get an internship.’ I totally knew the minute I saw the email and his Twitter handle who he was.” She hired him.

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## Defending their offence

### WOMEN'S WORLD CUP

#### With one goal in two games, Canadians say more will come

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in."

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast has hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's



Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach

#### “Championships are won with defence.”

Sophie Schmidt on the fact that Canada has yet to surrender a goal

the round-of-16 elimination games with a draw.

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early."

THE CANADIAN PRESS

### IN BRIEF

#### Curry shoots Warriors to cusp of winning title

Stephen Curry scored 37 points and the Golden State Warriors took a 3-2 lead in the NBA Finals with a 104-91 victory over the Cleveland Cavaliers on Sunday night.

Curry had 17 in the fourth quarter, including seven straight to put away the game after Cleveland got within eight points in the final two minutes.

The Warriors can win their first championship since 1975 with a victory Tuesday in Cleveland.

LeBron James finished with 40 points, 14 rebounds and 11 assists for the Cavaliers. Tristan Thompson had 19 points and 10 boards.

THE ASSOCIATED PRESS

#### Jays cap sweep of Red Sox with 11th straight win

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous.

The Blue Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place batter Ryan Goins homered, doubled and drove in five runs.

"Honestly, I think everybody's coming here every day knowing we're going to win," Goins. "You put that with probably having the best one-through-six in the whole league and it makes it easier for seven, eight, nine."

Danny Valencia, batting seventh, also homered.

THE ASSOCIATED PRESS

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## RECIPE Lemon Chicken Scallopini



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

#### Ready in

Prep time: 10 minutes  
Cook time: 14 minutes  
Serving size: 6

#### Ingredients

- 5 Tbsp + 2 tsp all-purpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 1 1/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest
- 1 Tbsp honey
- Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

#### Directions

1. Combine 5 Tbsp of flour,

cheese, salt and pepper on a plate. Dip chicken in mixture.

2. In a large skillet, add oil and sauté chicken for two minutes per side until lightly browned. Add wine and cook just until evaporated about one minute.

3. In a bowl combine stock, juice, 2 tsp of flour, zest, honey and salt and pepper until flour is dissolved. Add to chicken, cover and simmer for four minutes, turning once until sauce is slightly thickened and chicken is cooked.

4. Garnish with capers (if using), parsley and lemon slices. If desired, grill lemon slices for a minute per side before serving on chicken.

#### Nutrition per serving

- Calories 325
- Protein 37 g
- Fat 4.4 g
- Cholesterol 96 mg

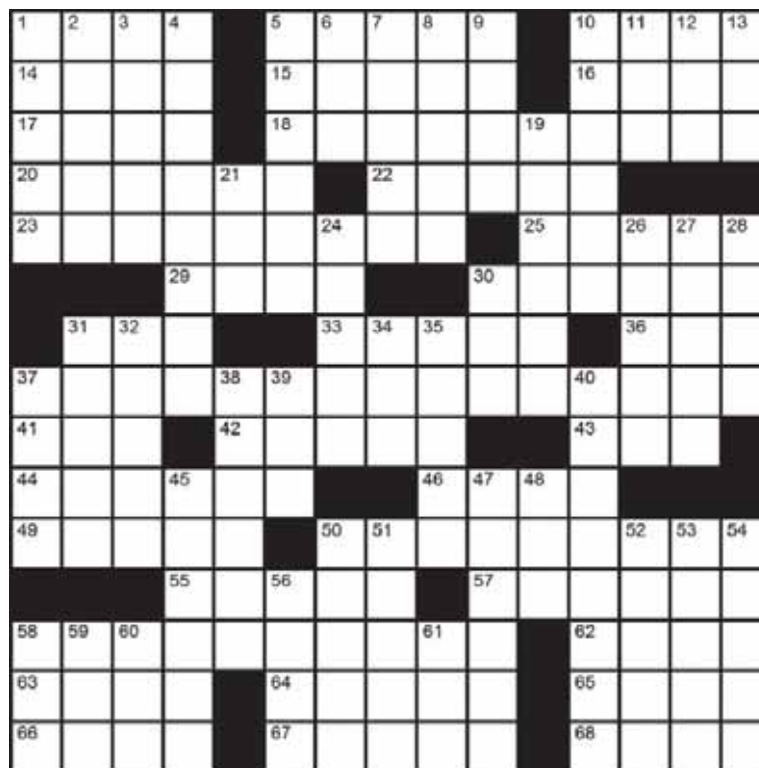
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Slope beside a river
5. \_\_\_ Bay, Nova Scotia
10. Mass of ice
14. Sarah McLachlan tune
15. More unique
16. Authentic
17. Peel
18. 54-40 tune that goes "Bitten in the valley of thirst, the body kills.": 2 wds.
20. Spotter's exclamation, "\_\_\_!"
22. Topic
23. As per #4-Down... Ms. Sinclair
25. Rene of movies
29. Opening on a schedule
30. Count on
31. Play-\_\_\_
33. Musical piece for Chopin
36. Dynasty of China
37. Hudson's Bay: 2 wds.
41. Pres. Lincoln
42. Alleviated
43. 100, for short
44. Straightforward
46. Quebec pronoun
49. Stagnant
50. "Thinking of You" rock band from Winnipeg
55. Biopic starring Leonardo DiCaprio, "J. \_\_\_" (2011)
57. Body of work
58. Toronto subway line, Yonge-\_\_\_
62. Greek Myth: Goddess of discord



### DOWN

1. Relating to Atomic Number 56
2. 'Revenge is \_\_\_ best served cold'
3. Eight's follower, CB Radio style
4. FIFA Women's World Cup Canada 2015... Team Canada players
63. Ms. Wingham
64. "What?" response-starter, "\_\_\_..."
65. "\_\_\_ of Eden" (1955)
66. Bridge
67. Driving costs
68. 'Science Guy' Bill's
- on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across
5. Capri attraction in Italy, Blue \_\_\_
6. Lake: French
7. "Congratulations \_\_\_ order!"
8. Quit
9. Sea eagles, variantly
10. Make available: 2 wds.
11. Grazing land
12. Paddle
13. Building wing
19. Uses the blender this way
21. Geog. feature
24. Articles
26. Attach a patch: 2 wds.
27. Mortimer \_\_\_ (Noted ventriloquist puppet)
28. Comical dog
30. Spray in Joni Mitchell's "Big Yellow Taxi"
31. Money-spent transaction
32. CBC Radio One program DNT0 = Definitely Not the \_\_\_
34. \_\_\_-hee! (That's funny!)
35. Beneath
37. Common sitcom roles
38. Draw back
39. Tit-for-\_\_\_
40. Lady on Canadian money: 2 wds.
45. 7-\_\_\_ (Slurpee seller)
47. \_\_\_ of London (Underwriter)
48. Actor Jason
50. "This house \_\_\_ many great features." ...pointed out the real estate agent
51. Font choice
52. Sun's one-of-some: acr. + wd.
53. Still \_\_\_ (Maya Angelou poem)
54. Homes for chirpers
56. Gumption
58. Hmms...
59. Snooze
60. "Michael Collins" (1996) org.
61. "Voices Carry" by '\_\_\_ Tuesday

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be.

**Taurus** April 21 - May 21  
You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

**Gemini** May 22 - June 21  
Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

**Cancer** June 22 - July 23  
You will be both sociable and aloof over the next 24 hours. Conflicting aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

**Leo** July 24 - Aug. 23  
You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life — loved ones need to know they still come first.

**Virgo** Aug. 24 - Sept. 23  
A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good — you're too smart to be fooled.

**Libra** Sept. 24 - Oct. 23  
If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

**Scorpio** Oct. 24 - Nov. 22  
If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

**Sagittarius** Nov. 23 - Dec. 21  
Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done.

**Capricorn** Dec. 22 - Jan. 20  
Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

**Aquarius** Jan. 21 - Feb. 19  
You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

**Pisces** Feb. 20 - March 20  
Because you can sense that major changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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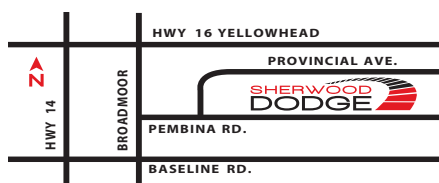
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